



Some glitz and glam

L'amour burlesque show was flirty fun.
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SPOKE

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Getting set to sizzle

Master chef helps students raise funds.
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MONDAY, FEBRUARY 28, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

43RD YEAR - NO. 7

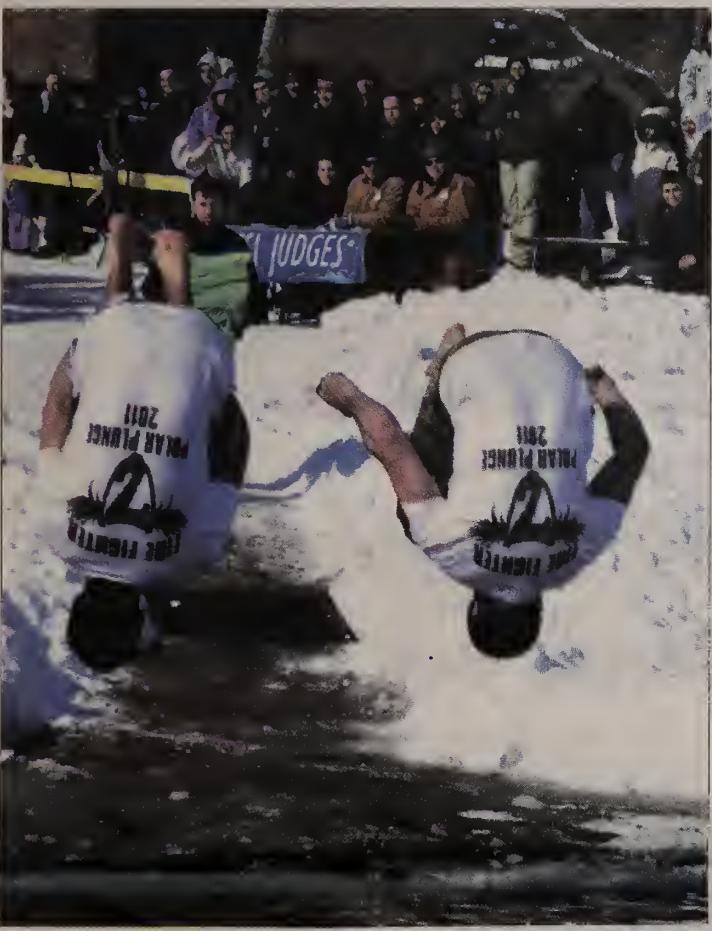


PHOTO BY AMANDA BAINES

Conestoga Students Inc. held their 30th annual Polar Plunge on Feb. 10 at the pond, affectionately named Goose Poop Pond. More than \$6,147 was raised by 140 students for the United Way, with 84 of them taking the frigid plunge. For more on the event, see Pages 8 and 9.

Making a splash

By AMANDA BAINES

On Feb. 10, a day that warmed to a balmy -11 C, Conestoga Students Inc. held its 30th annual Polar Plunge, with 84 students taking the frigid dip into the 1 C water during the noon hour.

In one of CSI's biggest fundraisers, 140 students signed up to obtain pledges and step over the icy edge into the freezing water. However, some decided not to take the challenge.

Hosted by Bill Hart and Jenn Campbell from Kix 106's morning show, the Polar Plunge was a huge success. CSI chose to donate the \$6,147 raised to the United Way.

"I had hoped we would make \$8,000 this year," said CSI event co-ordinator Tara Herriot. "I thought we could do it, but it still goes so far."

Co-ordinating the plunge for the second time, Herriot was confident it would go off without a hitch.

"I'm pretty sure I know what I'm doing this year, so

I'm not worried," she said. Her confidence paid off, and everything ran smoothly.

Costumes have always been a fun part of the icy jump, and this year was no different. Businessmen, pond monsters, a Spartan soldier and a fire-fighting team sponsored by Kitchener's Zeus nutrition and supplements faced the frigid depths.

Judges Ciara Byrne, Mario Anglin, Bert Last and Troy Bierns graded the jumpers on technique and costume. Byron Garton won best jump for his spectacular flip, and pond monster Brandon Smith won best costume.

Pre-service firefighting student Heather Slade brought into over \$300, and won for most money raised. One of only four females in her firefighting class, Slade jumped in the water without hesitation.

St. John's Ambulance was on hand in case of any emergencies, but the day went off without a medical hitch. Paramedics Sandy Shantz and Jenna Sikora watched

over the plungers to make sure no one got hurt.

"I was surprised this year," said Shantz. "I thought we would get a few with shock or hypothermia, but it was really uneventful."

As a last-minute thought, security had sand put down to avoid any nasty slips.

"The ice was slippery, and I thought we'd get someone knocking themselves out," said Sikora.

"Putting the sand down was a great idea."

Not everyone is able to participate in the Polar Plunge. Shantz and Herriot both advised people not to jump if their health wasn't 100 per cent.

"I guess those with a chance of stroke, heart attack or those with asthma are warned against jumping," said Herriot.

"You just gotta be physically fit."

"If you are sick at all, even just a cold, you shouldn't jump," said Shantz. "It's better to be the bigger man than to wind up dead."

Service Canada has lots of jobs available These include summer, part-time and full-time

By GERALD UPTON

Would you like a paid volunteer work placement position? Some top-notch summer employment? A good, steady, well-paid job after graduation with the biggest, most diverse employer in the country?

Talk to Service Canada.

Jelena Jenko, 22, a student ambassador with Service Canada, was at Conestoga College on Feb. 14 to give a talk on opportunities at Service Canada for students. Service Canada is the employment arm of the Canadian government.

"In the next five to 10 years," said Jenko, "many public employees who are baby boomers will be retiring. This will create a lot of openings in the public sector."

Roughly 20 students dropped by to hear Jenko speak, and all of them stayed

to the end of the half-hour presentation and a half hour of questions. Jenko seemed more mature than her age, giving a seasoned and well-prepared presentation.

She pointed out that Service Canada has positions that could suit many different student needs, whether they are just starting their program or are preparing to graduate.

There is the federal student work experience program, which provides summer and part-time jobs for students who are continuing their education.

"The co-op/internship program can provide a position for post-secondary students enrolled in a program requiring co-op or internship placement if the program is registered with the Public Service Commission of Canada," said Jenko.

Post-secondary students

who want to develop specific knowledge and experience with ongoing research in federal public service facilities can apply to the Research Affiliate Program.

All of the above can be available as summer employment or part-time positions throughout the year.

Preparing to graduate? The post-secondary recruitment program offers full-time career opportunities across Canada and overseas for college and university graduates in a variety of fields.

The place to apply is www.jobs-emplois.gc.ca.

This is an extensive site, but if you can navigate through to the appropriate location, there are guidelines to help you apply for a large selection of positions that offer variety, experience, opportunities, education, stability and competitive compensation.

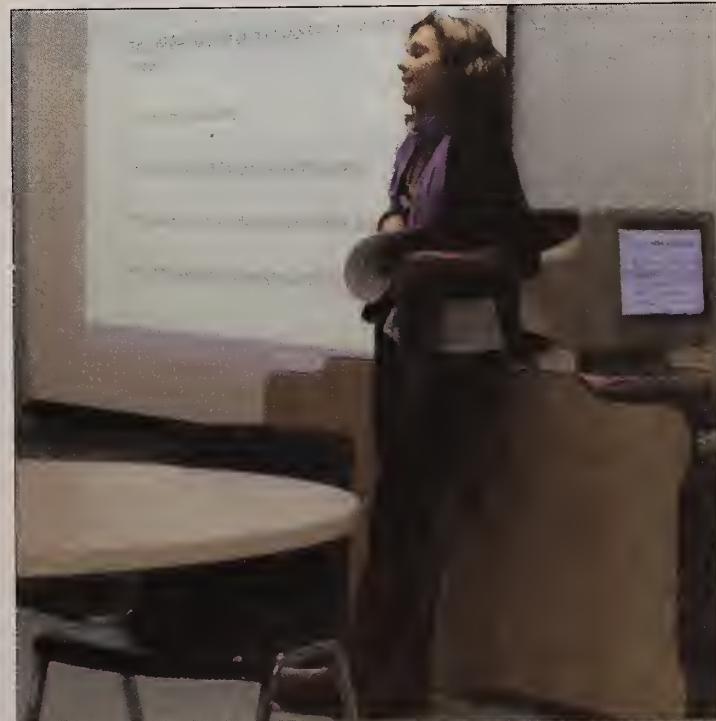


PHOTO BY GERALD UPTON

Jelena Jenko was in the blue room of Doon campus to recruit for Service Canada on Valentine's Day.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could add any feature
to a car, what would it be?



"A machine to make
Pokémon."

Warren Jones,
first-year
graphic design

"A loud speaker or mega-
phone for heckling."

Stacey Walker,
first-year
broadcast journalism



"Flux capacitor."

John Barrick,
second-year
broadcast journalism



"A coffee maker."

Kristine Shantz,
first-year
practical nursing



"Coffee machine."

Macy Smith,
second-year
GAS



"A place where you can put
your cat."

Alex McCaffrey,
first-year
human services



Smile Conestoga, you could be our next respondent!



PHOTO SUBMITTED

Celebrity Master Chef Susur Lee will be cooking with Conestoga students at the Waterloo campus on March 2.

Celebrity master chef and students set to sizzle

By LAURA BENNETT

Not many students at Conestoga College can say they go to class with a world-renowned master chef.

However, the second-year hospitality management, event management and culinary management students will be able to say just that when they cook with master chef Susur Lee on March 2.

"This is a great thing for Waterloo, the college and the students," said Matthew Worden, maître d' and sommelier for Conestoga College's student-run restaurant, bloom., at the Waterloo campus.

Together, the students and Lee will create a multi-course meal at a scholarship fundraiser for the hospitality and culinary programs.

"We are looking to sell 100 tickets," Worden said, adding that the event is open to the public.

Worden, the restaurant operations instructor, worked for Lee for four years at his restaurant, Susur (now named Lee) in downtown Toronto. "(Susur) was his big

resurgence onto the food scene," said Worden.

Lee was born in Hong Kong and later immigrated to Canada. He now has an international presence with four restaurants, Lee (Toronto), Shang (New York City), Zentan (Washington DC) and Chinois (Singapore).

"He is a tough guy to track down, because he is all over the place," Worden said.

Gary Hallam, chair of hospitality programs at Conestoga's Waterloo campus, said they will be using multimedia technology at the dinner.

"We hope to have a big screen showing the students cooking in the closed kitchen," he said.

The dinner will be at bloom., which is an actual learning lab for culinary and hospitality students.

Hallam said there is usually a webcam in the kitchen that can show the students hard at work in their lab.

He hopes to have an open kitchen area set up in the dining room so guests can watch Lee create his food masterpieces.

"In true fashion of how Susur works, he will probably

start with a meat course and go backwards to lighter, fresher dishes," said Worden.

The students were able to go to his restaurant, Lee, in first year for dinner and two students were lucky enough to work for a night at the restaurant.

"We hope to raise \$10,000," said Hallam, adding that Lee will help determine the criteria for the scholarships.

"How much money we make will determine the amount of the scholarships," he said, adding that he hopes 60 per cent will go to the scholarships.

He also hopes to have some of the wine and meat donated from different vendors.

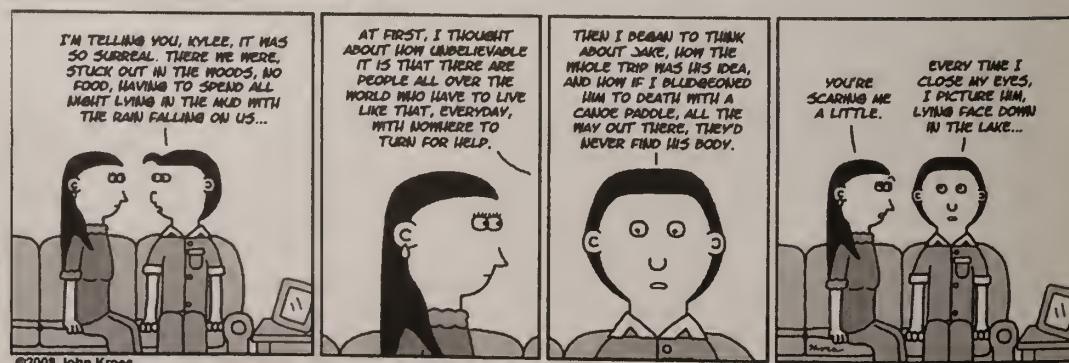
The first scholarship fundraiser dinner raised \$3,000 and was put on in July 2010 with chef, Jonathan Gushue from Langdon Hall.

With a desire to raise more money for scholarships, a fundraiser dinner will hopefully become an annual event.

Tickets for the March 2 dinner are \$200, which includes a \$100 charitable tax receipt.

They can be purchased at www.conestogac.on.ca under college events

LAST-DITCH EFFORT



Conestoga celebrates diverse college

By MARCUS MATTHEW

Canada is well-known for being enriched with a variety of religions, beliefs and cultures and from Feb. 7 to Feb. 11, Conestoga was host to a weeklong cultural celebration.

"The idea of Cultural Diversity Week is that we want to really embrace and celebrate the diversity of students at Conestoga because there is such a diversity of students who come here with different needs, experiences and perspectives," said student life programmer Ryan Connell.

Hosted in partnership with the Student Life Centre, Cultural Diversity Week had yet another large turnout this year.

"It's really interesting to learn about all these cultures," said Colin Gauthier, a second-year electronics engineering technician student. "I'm happy I'm involved in it this year."

Throughout the five-day celebration there were several displays, fundraising events and interactive games that got students involved and immersed in many different cultures.

One of the highlights of the week was the cultural carnival fundraiser which raised approximately \$1,007 for Big

Brothers and Big Sisters of Waterloo Region.

"I was so impressed by the energy, enthusiasm and passion from the rec and leisure students who wanted to make a difference for Big Brothers/Big Sisters," said Connell. He added that it was an impressive accomplishment for just a two-hour event.

Conestoga students researched, studied and put tremendous effort into their displays and cultural activities to celebrate diversity at the school and to educate others. Displays were put together by students in the English language studies program, human service foundations program and the liberal studies multiculturalism course.

Gauthier and two other classmates, who were part of a multiculturalism class, explored the Japanese culture and even set up Cooking Mama, a Nintendo Wii game, where students were able to learn how to make sushi.

Also in attendance were a few members of the Respect Campaign crew who had their own display which included a cultural wheel of respect. Students would spin the wheel, answer a question from a particular culture or continue



PHOTO BY MARCUS MATTHEW

Conestoga students partake in a balloon stomp on Feb. 8 as part of a cultural carnival fundraiser. Approximately \$1,007 was raised for Big Brothers and Big Sisters of Waterloo Region.

ment, and would then get their name entered into a draw.

"We want to try and create awareness about the Respect Campaign and spread the word," said Belinda Gott, one of five Respect Campaign leaders at Conestoga.

Over the past few weeks,

Connell and company have been hard at work trying to put on a successful celebration. With such a diverse campus, Connell said this was a chance for students of different cultures to feel right at home and not left out.

"It's an opportunity for us to

celebrate how much diversity there really is on our campus," said Connell. "I think so many of us get caught up thinking about what's going on day to day in our own classes we don't realize who we're learning with in a classroom and how diverse our campus really is."

Cultural activities spice up celebration

By COURTNEY NIXON

Conestoga students expanded their cultural horizons during Cultural Diversity Week as they participated in numerous activities.

These included getting henna tattoos from the South Asian students association and the cultural carnival fundraiser.

Organic Groove's Katherine Van Lammeren visited the campus on Feb. 11 to show students

how to express themselves in a unique way by learning how to drum to their own beat by using an African djembe.

A traditional djembe is carved from a single piece of wood, the drumhead is made of goat skin and is tuned with rope.

The Bamana people in Mali say the name of the djembe comes from the saying "Anke dje, anke be" which means "everyone gather together."

"It's human interacting, you

can learn a lot about yourself," said Van Lammeren.

The human service foundation students handed out recipes from around the world, depicting their own personal background, played salsa music to help teach students how to dance and described the culture of another country to the students.

"I hope the students take away a sense of pride, curiosity and respect for others as they pursue

working in diversity," said human services foundation faculty member Debasish Dutta.

The week was held to help people learn about other cultures including their food, how people live and different dances.

Salsa dance lessons were held in the atrium, teaching students how to dance with or without a partner.

"I helped teach salsa because I consider that one of my strengths," said first-year

human services student Gimena Agri.

"An interesting fact people may not know about Argentina is that it's one of the most popular tourist spots because it's not that costly to travel and it has amazing mountains and natural landscaping," said Agri about her own culture.

"I learned a lot about different types of foods, and that each culture is different but we have our similarities as well."

Photos by
Courtney
Nixon



On Feb. 11, general business student Said Masslam, left, and Gimena Agri, a first-year human services student, teach a crowd of people how to salsa.



Ryan Connell, student life programmer, participated in the djembe circle during Cultural Diversity Week. A djembe is an African drum.

Snapshots of careless transit drivers should be encouraged

By NATHAN RIENSTRA

As many of us know, the ongoing issue of passengers taking snapshots of transit drivers texting while driving is still in the news.

At least three photos of Toronto Transit Commission drivers texting while driving were published during the week of Jan. 24 to 28, including one by Alexia Schell of Scarborough, causing the TTC and the union representing the drivers to blatantly discourage the public from taking such photos.

But the public believes they have every right to take these photos because their safety is being put at risk due to the irresponsible – not to mention illegal – act of the drivers. Since many students at Conestoga College use public transit, albeit it is run by a different company – Grand River Transit – we think this is an important issue that should not be taken lightly.

What makes the matter even worse is that the TTC isn't putting the public at ease.

As a suggested alternative to passengers taking snapshots of bus drivers and their careless behaviour, TTC spokesperson Brad Ross stated in a Jan. 28 article in The Record, "We ask that they (the public) call us, report the bus and route number and date and time of the occurrence."

We feel that illegal behaviour is illegal behaviour, and it should be reported and evidence gathered if possible. The fact of the matter is that texting while driving has been illegal in Ontario since October 2009, and transit drivers don't have the right to put the lives of many innocent passengers at risk.

Furthermore, if the transit drivers are going to be so blatant about their texting while driving, they shouldn't expect such behaviour to go unnoticed.

We think if the threat of passengers taking shots of transit drivers texting stops the drivers from doing so, then great. Snap away.

Many of us rely on public transit as our primary means of transportation, so we'd like to feel we're going to reach our destinations safely.

Because of this, we believe the public's snapshots of careless transit drivers should be encouraged – not discouraged.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer



than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4



Bus drivers are caught making light of Ontario's cellphone ban.

Revolution and tyranny

Napoleon Bonaparte, proudly declaring "I am the revolution," became the First Emperor of the French in 1804. Effectively ending the French revolution, he became a ruler with more power than the very monarchs France fought so hard to overthrow.

History is fraught with revolutionary leaders who, riding the waves of rebel ideals, became tyrants far worse than the leaders they fought against. Stalin, Mao, Pol Pot, Kim II Seung, the list goes on. Egypt may now fall into the very same trap.

“

Egypt may be a long way from democracy and one wrong turn could see the country in the hands of a fresh absolute ruler.

”

In what some commentators have dubbed Egypt's "Robespierre Moment," the



Robert Conte
Opinion

aptly named pig, Napoleon. With a combination of fear and coercion, Napoleon takes total command and drives the farm into the ground in order to satisfy his own personal desires.

What has happened in Egypt is a source of inspiration. To see determined and hopeful individuals fight for an ideal they believe in and succeed is truly one of humanities proudest moments. However, Egypt may be a long way from democracy and one wrong turn could see the country in the hands of a fresh absolute ruler.

As a nation, it is imperative that we support the people in what is hopefully a time of transition to democracy, even if this means military intervention. If Egypt's new military government is not kept in check, it is not only possible but likely that they will take power permanently. Egypt's revolt and the support of world leaders will send a strong message to despots worldwide that power-hungry and corrupt leaders will be removed from power.

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Conestoga team one-ups universities

By BRANDON REOCH

A team of Conestoga College students have earned their spot in the history books.

The team of mechanical systems engineering students took home first place in the senior design division at the Ontario Engineering Competition. The event was held in London at the University of Western Ontario from Feb. 4 to 6 by the Engineering Student Societies' Council of Ontario (ESSCO), a board of student reps from all of the accredited engineering degree programs available throughout Ontario.

The team, consisting of Conestoga students Jamie Hobson; Ian Hillier, David Timmerman and Brian Montgomery-Wilson, competed against 15 other student teams from the best engineering universities across Ontario.

"This is a huge win for our team since it is the first time a college degree has ever even been accepted into ESSCO, let



PHOTO SUBMITTED

Conestoga's engineering team shows off their awards after winning the Ontario Engineering Competition. From left are, Ian Hillier, Brian Montgomery-Wilson, Jamie Hobson and David Timmerman.

alone won first place," said team member and spokesperson Jamie Hobson.

Well-known universities such as the University of Waterloo, U of T and

McMaster were considered favourites going into the competition but it was Conestoga College that came out on top.

"We are very proud of this team of students who have

skillfully demonstrated their abilities in competition with the best students from engineering programs across the province," said John Tibbits, president of Conestoga, in a Feb. 8 press release.

Out of all competitors, Conestoga was the lone school to successfully complete both components of the presented challenge within the given time period.

Teams were given the challenge at 8 p.m. Friday night and had eight hours to prepare their prototype and presentation. Come time for the presentation of their device, the Conestoga team came through in the clutch and met all challenge requirements.

"When we were actually given the design problem, there was a bit of apprehension, but after the initial shock, our hands-on engineering experience kicked in and we got to work designing our solution," said Hobson.

The challenge involved the simulation of a town in Peru that had just suffered a series of earthquakes which destroyed their resource transportation. The students were given a scale model of the villages and surrounding mountains and presented with the two sub-challenges: delivering 12 wood blocks of

"food" up to the top of the mountain and moving 850 mL of water from a faraway lake (or the water could be obtained from a closer lake, but it contained acid meaning the water had to be neutralized to be used). A bonus challenge was also given: an electrical circuit had to be built to convert AC to DC and drop the voltage down to an acceptable value.

"After thoroughly reading the scope, our group began brainstorming ideas, bouncing them off of everyone," said Hobson.

He said for the water: "We designed a MacGyver-style check-valve system, using the limited supplies that were available to transport the water up the hill. We were one of the only groups who successfully created the check-valve."

Most teams used a winch-pulled wagon to transport food. Conestoga's team, however, took this a step forward and created a rear-tensioning system to keep their wagon going in a straight line up the mountain.

The bonus electrical design problem was solved by creating a full-wave bridge rectifier circuit with a smoothing capacitor to successfully convert the fluctuating alternating current (AC) to direct current (DC).

"We want to say thanks to the Conestoga Engineering Society (CES). The society is responsible for Conestoga's acceptance into ESSCO, arranging the event, future events, conferences and competitions for the engineering degree students," said Hobson.

This isn't the first time this program has made history. Earlier this school year, the program was accredited by the Canadian Engineering Accreditation Board making Conestoga the first college in Ontario and only the second institute of technology in Canada to have an accredited engineering program.

The team will now compete at the Canadian Engineering Competition at McGill University in Montreal from March 10 to 13.

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PHOTO SUBMITTED

The students demonstrate how they transported water from a lake to a village.



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PHOTO BY VICTORIA SPRACKLIN

Imogen Quest, one of five members of the burlesque troupe, The Girly Show, takes it off during a sultry song and dance. The group performed their Valentine's show, L'amour, at The Rum Runner Pub on Feb. 11 and 12.

By VICTORIA SPRACKLIN

The term "burlesque" can make some people uneasy. However, when it's described as "frilly, flirty, foxy, feminine, fun! And feathery, too," it's not so threatening. Miss Sassy Ray, or Elizabeth Priestly as she's known outside of her glitz and glam alter ego, is one of five performers in The Girly Show, a Kitchener-based burlesque troupe consisting of women of various shapes, sizes and styles.

"We're all very different looking, and bring different attributes. We're a good mix!" said Priestly.

The fivesome performed two sold-out shows at the Rum Runner Pub in Kitchener on Feb. 12 and 13. It was cleverly titled, L'amour, just in time for Valentine's day.

Complete with feather fans, glitter and pasties, each woman has her own unique persona. Bonita Chinchilla is

the classic pin-up, Imogen Quest, the flirty femme, Miss Tuesday, the campy comedienne, Annie Moore, the stoic seductress, and Miss Sassy Ray, the voluptuous vamp.

"That's the thing I love about burlesque! It's skinny girls, and bigger girls and really big girls! It's real women," said Priestly. From dances to a poetry reading, vocal performances and a champagne dance, each act was different and just as glamourous as the last. There was even a magic show where one lucky lady was transformed into a rabbit!

Certainly, this was a show where women of all body types could take pride in themselves and their figures. This was especially true when Miss Tuesday performed a piece dedicated to bosoms. The audience couldn't help but laugh and applaud at the antics of one whose shirt was stuffed with oversized balloons, all while the anthem praised busts of all sizes. "The girls were simultaneously sexy and funny," said Jessica Rediker, an audience member. "It made it extremely enjoyable to watch."

These women exude cheekiness as well as confidence.

Priestly admitted the journey to becoming a burlesque beauty was a learning experience as well. "I look at some of the film from when I first started, and I didn't want to show my stomach. So I would wear these awful waist cinchers and corsets and I just looked like a little sausage!" she said laughing. "There's nothing wrong with my stomach! I went sans cincher and I looked better!" These women are fantastic role models, and showed that all women can be beautiful no matter what dress size they wear.

"It helps women to move in a different way. You're so used to sucking in your stomach and pushing out here and there," said Priestly, who also teaches a dance class at Down Hips Studio in Kitchener. "In burlesque it's just shake it! Jiggle it! If it jiggles, make it wiggle!"

The Girly Show performs monthly in Stratford at Molly Bloom's, and has an upcoming show on March 19 at The Circus Room in Kitchener. For more information, check out The Girly Show on Facebook, or contact Elizabeth "Miss Sassy Ray" Priestly at teaseburlesque@gmail.com



ELECTION NOTICE AND CALL FOR NOMINATIONS

Two people to be elected as members of
Conestoga College Institute of Technology and Advanced Learning
BOARD OF GOVERNORS

One from each of the following categories:

1. ACADEMIC MEMBER

All persons employed by Conestoga College, on a full-time or part-time basis, who are not part of the Administrative or Support Staff employee groups.

Term of Office: September 1, 2011 – August 31, 2014

2. STUDENT MEMBER

Open to all full-time and part-time students enrolled in a program of instruction (a group of related courses leading to a degree, diploma, certificate, or other document awarded by Conestoga College).

Term of Office: September 1, 2011 – August 31, 2012
(candidate must plan to be enrolled as a student during the term of office and must be prepared to continue to the end of the term even if graduation occurs within the term)

Terms of reference and nomination forms are available by contacting
Ann Vignault at ext. 3233 or at avignault@conestogac.on.ca.

Closing date for nominations: March 16, 2011

List of nominees to be posted: March 24, 2011

ELECTION: APRIL 1 – 6, 2011



PHOTO BY VICTORIA SPRACKLIN

Miss Sassy Ray, otherwise known as Elizabeth Priestly, belts out a tune at the L'amour burlesque show on Feb. 12 at The Rum Runner Pub in Kitchener. The burlesque group, The Girly Show, was filled with dances, vocalists and even a magic show where a lucky performer was transformed into a rabbit.

Plungers face bitter cold, goose poop



Mark Hopson, left, and Matthew Boniface, first-year police foundations students, jumped into the pond dressed as Superman and Batman. Below, they stand in the cafeteria after their jump into the frigid water.



Nicole Nieboraczek, the polar bear, Candice Soth, dressed as a penguin, and Jolene Grub, dressed as a lynx, were three of the many costumed plungers.

"It's going to be freezing," Nieboraczek said prior to the plunge.



By PAUL IRVINE

The air is cold before you jump in, and when you actually take the plunge it feels like your brain has shut off and your lungs won't work.

Conestoga students took the Polar Plunge on Feb. 10, and in the process braved hypothermia. Those who were watching from inside, saving themselves from the freezing temperatures faced by those watching from the bleachers placed outside, had to endure the smell of goose poop that the plungers tracked into the cafeteria after hurrying inside.

This year, the Polar Plunge was held to support the United Way, and Conestoga was up to the challenge.

Superman and Batman even made an appearance, in the forms of Mark Hopson and Matthew Boniface, first-year police foundations students.

"I've got a number of words that could explain what I'm going to feel like when I get in (the pond), but none of them could be published in the paper," said Boniface.

After getting out of the water, the dynamic duo said that the water wasn't as bad as they thought it was going to be.

"The walk back was honestly the worst part," said Hopson. "The smell is wonderful."

Diana Debreczeni, a first-year nursing student wearing an anatomy shirt as a costume, said when she jumped

in, her heart "felt like it stopped beating for five minutes."

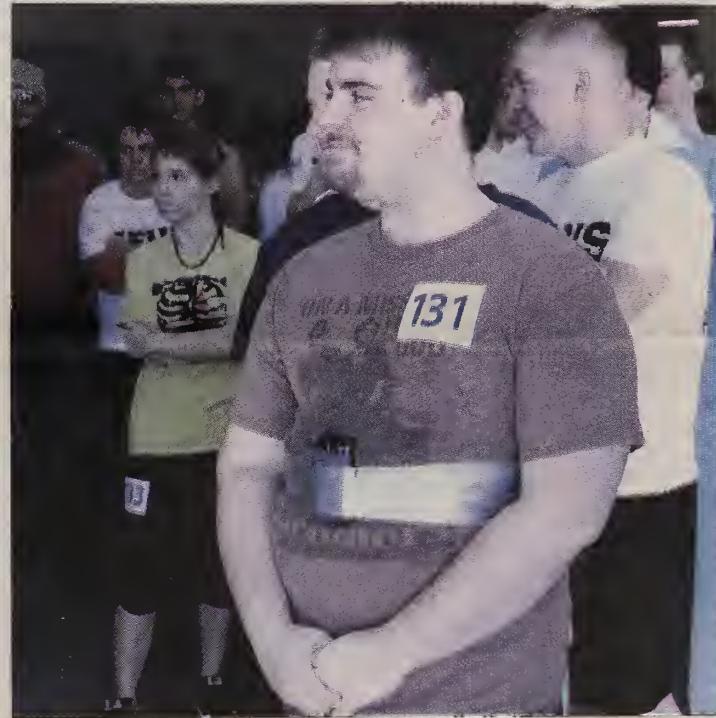
Other students wore costumes. In attendance were a goldfish, a man wearing over a dozen French flags and a man wearing an entire full ghillie suit.

Whether they jumped in just to support the United Way, or out of a sense of personal challenge and pride, Conestoga students showed that a little cold and the threat of hypothermia couldn't stop them from doing something a little silly.

Dan Whyte, a student in the videography program, jumped in with a waterproof camera strapped to his chest. The video is available at www.519news.com.



Photos by Paul Irvine and Amanda Balnes



PHOTOS BY PAUL IRVINE
AND AMANDA BAINES

The Polar Plunge brought out, clockwise from top left, first-year nursing student Diana Debreczeni; judges Mario Anglin, Ciara Byrne, Troy Bierns and Bert Last; videography student Dan Whyte, who wore a camera, and first-year general business student Jamie Wagler as Captain Canada. The judges awarded \$100 for the most money raised and \$50 for both best jump and best costume.



Blue Valentine a sad treat

By LISA OLSEN

It's a simple story: a boy and girl fall in love, get married and six years later, call it quits. Not exactly anything new, nor a storyline that would have you on the edge of your seat.

Yet, through raw and intense performances and a handsome serving of soul-bearing, *Blue Valentine* does just that.

Starring Michelle Williams as Cindy and Ryan Gosling as Dean, the independent film's real story is about crushed hope and seething emotions as it moves through the events of their relationship, travelling from their easygoing courtship to the tragic present and back again with clean and easy to follow transitions.

Scenes from the present are set in a scummy motel, where the two have gone for the night to work on their failing relationship. Dean is an ambitionless high school

Movie Review



dropout working as a painter, whose only concern is to be a good husband and father to their daughter. Cindy is a driven, hard-working wife employed in a medical office. It's clear from the first scenes that she resents Dean for his drinking, childish behaviour and lack of motivation.

As the story methodically flashes back, each decision and miscommunication leading them to their current state slowly comes to light, until the past slowly meets up with the present, where they have to decide on how to proceed.

In parts, it feels so unapologetically honest that it's uncomfortable. Rated 18A,

the film depicts graphic, yet sad and realistic sex scenes as the two try to reconnect. The scenes leave the viewer haunted with the feeling that they've just read a stranger's diary; invading their privacy by looking too closely into their most shameful flaws, buried skeletons and deepest fears.

Even the cinematography is engaging; with the free and easy reality-style camera work in the early days to the steady, inflexible scenes as their affection seemingly disappears.

The film has been 10 years in the making for director Derek Cianfrance. Finally completed in 2010, it was an official selection at the Cannes, Toronto and Sundance Festivals, before its limited theatrical release in January.

Definitely not your average love story, *Blue Valentine* shows how a lot can happen from the first moments of love



INTERNET PHOTO

Cindy, played by Michelle Williams, and Dean, played by Ryan Gosling, try to reconnect as they face the fact that their marriage is failing.

to the bitter end. It's a dark and heartbreaking reminder of the dangers of taking things for granted. And it

reminds us that sometimes the most engaging stories are the stories of everyday people. I give it a 5 out of 5.

Waterloo Comedy Festival brings the lols

By CASSANDRA BOURGEOIS

Shake off those winter blues and bust a gut laughing at the Uptown Waterloo Comedy Festival.

The festival runs from March 10-12 at various locations in Waterloo. Tickets run from \$15 to \$24 in advance. Get your tickets early, as last year they sold out seven of nine shows.

If you want to see more than two shows, save some

money and buy a festival pass for \$60. That will allow you to see all 12 shows. You can buy tickets online at www.waterloocomedy.com

The comedy festival supports the Food Bank of Waterloo Region. Organizers encourage people to contribute to the donation boxes that will be at all the venues.

"Last year we raised about 600 pounds of food and about \$700," said Phil LeConte, the festival's exec-

utive producer.

Returning from last year's festival is Gilson Lubin. He has performed on the Comedy Network, at the Just for Laughs festival and you might remember him from the Sanctuary during the Comedy Noonie on Jan. 12. All of the Waterloo Comedy Festival's nine comics are "award-winning, Just for Laughs sort of comics," according to LeConte.

LeConte recommends stu-

dents see Jon Steinberg, who he describes as very hip, as well as the show at the Starlight nightclub in Waterloo.

"The show we have at the Starlight is a little bit more left of centre, a little bit more non-standard comedy," he said.

If you love to laugh, get out to the Uptown Waterloo Comedy Festival this March.

"Come out and support it and make sure it grows as a

long-standing staple in our community," said LeConte.

This is the second year of the festival and he's hoping it will become an annual tradition.

With the support of local people, it could be.

But, as LeConte said, "You don't really need a reason to get out and laugh."

For more information about the festival, or to buy tickets, visit www.waterloo.comedy.com



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Time to prepare your body for



PHOTOS BY EMILY GERRETT

Cody Holmes, professional paintballer, works out on the leg curl machine in Conestoga College's Residence and Conference Centre gym, with friend Jake Bellamy.



SPRING



Bellamy does a cardio workout on the exercise bike.



Holmes strengthens his arms using an exercise bar.

A fitness routine that helps meet your goal is key for warm weather season

By EMILY GERRETT

Hiding those extra pounds from Christmas break under sweaters, scarves and long pants is an easy feat in the winter season. But before you know it the snow disappears, and so do all your warm, concealing winter clothes into the back of your closet.

Having a healthy, fit body for spring that will make you feel confident and comfortable in tanks, shorts and beachwear is a common desire for us all. But this isn't

something that can happen overnight. Whether you only need a little improvement or a lot, starting out slow and working your way to a healthy fitness routine takes time. If you want to have the healthiest body you can for the warm season, you need to start now.

According to Health Canada, you should be getting 30 minutes of moderate to vigorous physical activity a day. This should include endurance, flexibility and strength exercises. This is enough if you are

just trying to generally improve or maintain your health. But if you're looking to improve something specific about your body, such as achieving Jessica Alba-style abs, or going down a shorts size, you need to make your fitness routine fit these goals.

Cody Holmes, a professional paintballer for the Cambridge Raiders, follows a fitness routine that is unique. He emphasizes developing explosive power through high cardio workouts to meet his goal of being fit for paintball season, which he will play in California starting in April.

"I do leg squats with a weight bar on my shoulders," Holmes said. "I slowly lower myself into a squat, then do an explosive jump upwards. This really helps target my legs and core."

Since the winter season is just practices, being at top physical performance level isn't essential. Holmes plays the "snake" position for his team, which means he plays behind the snake bunker, giving him the best opportunity

to fire on the opposite team and the most influential position. When it comes to match time in the spring, he needs to be agile, quick and have high respiratory endurance.

Doing a specialized routine brings the benefits of targeting specific areas that you want to improve, but keeping your safety in mind is important.

Holmes' father, private personal trainer Jamie Holmes of Huntsville, Ont., makes sure his son is doing his exercise routines in a safe way.

"A personal trainer helps you exercise with proper form, ensuring your muscles grow the correct way," said J. Holmes. "They create a personal program to suit your specific goal, and make sure you're doing the proper reps and sets."

While exercise is important, this alone is not enough to achieve proper health.

Health Canada's website says, "Eating well and being physically active every day go hand-in-hand to improve physical and mental health

and vitality."

Following the Canadian Food Guide as well as staying active will not only help improve your appearance. It will also reduce the risk of type 2 diabetes, heart disease, certain types of cancer, osteoporosis, high blood pressure and depression.

"Nutrition is a key aspect to having a top performance. Without a proper diet, injuries and illnesses are more common," J. Holmes said. "All the exercise is wasted if Cody ends up getting sick right before a tournament due to an improper diet."

Whether you're preparing your body for something as big as a professional tournament, or as little as a string bikini, improving your body in a way that is healthy and safe starts now. Whether you make a small change like substituting walking instead of driving to school, or decide to go big and hire a personal trainer, you will feel the effects of working toward a healthier lifestyle.

ACE fitness tips for exercise in cold weather

If you plan on getting your exercise outdoors, proper safety rules need to be followed to prevent hypothermia or heat loss.

- Clothing acts as insulation, but make sure it still allows sweat to pass through. Dressing in layers is best.
- Avoid cotton fabrics.
- Don't forget to protect feet, hands and head. Fifty per cent of body heat is lost from your head, so a hat or helmet is essential.
- Check the weather, and do not exercise outside if the temperature is below -6 C.

Swimwear trends for 2011



Less is more with the new style of asymmetrical one pieces. This style is sexy without showing off a lot of cleavage.



Bandeaus are taking over department stores for streetwear, so why not become a bikini trend as well?



Beware of tan lines when wearing this new trend: the monokini. Sexy cutouts in a one-piece style make this trend eye-catching and unique.

Jets Black Swimwear
Summer Soiree Collection
\$316

Masquenada Swimwear
\$225

Nicole Olivier Swimwear
\$302



Men can bare it too with boxer-style swimshorts that only come down to high-calf length.

Sauvage Men Swimwear
\$61

DID YOU KNOW?

- Exercise is an aphrodisiac and can improve sex life – *Harvard School of Public Health*
- Exercise increases levels of serotonin in the brain, providing improved clarity and mental function – *NewsFitness.com*
- By old age, you'll have walked approximately 113,000 kilometres – *lovetoknow.com*
- Your heart is your strongest muscle – *lovetoknow.com*



PHOTO BY KATHRYN SCHNARR

To raise our waste materials diversion rate to the government-mandated 60 per cent, students are encouraged to distribute their waste into the correct bin. Posted signs above the bins inform students where to put their waste.

A simple solution to a big problem

By KATHRYN SCHNARR

Do you have ideas on how to make Conestoga greener? If so, the Greater Recycling Environmental Education Network (G.R.E.E.N.) Committee would like to hear from you.

The committee met on Feb. 8 to discuss greener options for Conestoga College.

While many alternatives were proposed, members decided the easiest way to decrease our ecological footprint (a measure of human demand on the Earth's ecosystems) is by getting students to help.

"I always try to use the recycling bins," said Brad Piper, a second-year general arts and science student.

"I do see a lot of students putting their trash into the recycle bins, it only takes a little bit of effort to put their waste into the right bin."

Each year, a waste audit is conducted at all Conestoga campuses. The results of these audits determine the amount of waste produced, and allow for a reevaluation of our recycling program. The program is government mandated and calls for a diversion rate (the percentage of waste materials diverted from traditional disposal, such as land fill or incinera-

tion, to be recycled, composted or re-used) of 60 per cent. According to the waste audit of 2009, Conestoga achieved a diversion rate of 57.33 per cent.

To achieve a higher diversion rate, students must distribute waste into the correct bins.

Each trash bin at Conestoga is divided into four sections: glass/cans/plastic, organic, trash and paper.

Conestoga generated 760 tons of waste in 2009 with 439 tons being recycled. However, 26 per cent of the waste was decomposable and 18 per cent was contaminated recyclables.

Due to the misuse of our current system, the majority of our recyclable material was redesignated as waste.

The G.R.E.E.N. Committee hopes to resolve this problem. In a matter of weeks, they plan to release a survey questioning the efficiency and effectiveness of the signs located above the bins. The survey will be distributed via mass email, and will be conducted online.

Students who participate could win a \$25 gift certificate to Chartwells, as well as a reusable mug. While students may think switching to plastic coffee mugs doesn't really help, it could greatly increase

our diversion rate.

"Approximately 436,800 paper coffee cups were put in the garbage in 2010. That is about 7 per cent of all the waste going to landfill," said environmental co-ordinator, Jana Vodicka.

"This is just one of the reasons why reusable mugs are worth the effort of bringing along to school. If you have the habit of drinking tea or coffee in school every day, why not bring your own mug?"

Vodicka also has some ideas on how Conestoga can decrease its ecological footprint.

"I hope we can create a community garden," she said. "We have so much land, especially with the new campus, that we can put to great use. I have contacted other colleges and universities in the area who have community gardens, and heard nothing but positive reviews."

"It is just a matter of getting the idea approved and working out details."

The establishment of a budget and the creation of an environmental policy will be discussed at the next G.R.E.E.N. Committee meeting.

If students have any ideas they would like to share, contact Vodicka at environmental@martinservices.com.

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Tuesday, May 10 & 17	6:30 pm - 9:30 pm	Rm 1E05
Saturday, May 14	9:00 am - 3:00 pm	Rm 1C28

Location:

Conestoga College, 299 Doon Valley Drive, Kitchener Cost: \$20.00

Register online at www.conestogac.on.ca/ce
Participants must register. Seats are limited.



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Conestoga raises awareness with eating disorder week

By EMILY GERRETT

When you think of a person who diets and exercises, you think of someone who is attractive, lean and has a healthy glow. But when dieting is taken to the point of starvation, and exercise becomes an obsession, the results are not pretty.

Thinning and loss of hair, yellowing skin on the palms and heels, and the growth of fine hair over the whole body are just some of the effects of having an eating disorder, such as anorexia (over-exercising) or the better known anorexia and bulimia.

The negative effects can have a much more serious impact on your health than just affecting your appearance; impaired concentration and lowered body temperature, heart rate and respiration are all effects of eating disorders. If the disorder is serious enough, it could even result in death.

This is why a national Eating Disorder Awareness Week is held at different times in different countries throughout February. Events and campaigns were held across Canada from Feb. 7 to 14.

In Kitchener, the Eating Disorders Awareness Coalition hosted a Hope for Recovery event at the Kitchener Public Library, and a Laura Rose – A Tribute to Karen Carpenter benefit concert at St. Jacob's Country Playhouse.

Conestoga College hosted an information booth about eating disorders that featured facts, brochures and many different contacts available to those who are

looking for help. As well as providing information, the booth was meant to attract attention, and get students talking about the subject.

"Publicly addressing the issue takes away the taboo of talking about eating disorders," said counsellor Shelly Francis of Conestoga College's Counselling Services. "It shows that this issue is not shameful or something that needs to be kept secret – It's OK to learn about it and seek help."

According to the National Eating Disorder Information Centre, rates of anorexia and bulimia increase during the transition from adolescence to adulthood. With some students starting college at 17 years of age, they could be at risk of developing an eating disorder.

One of the most common misconceptions about eating disorders is that they only affect females. While the rates are much higher for women, men also feel the pressures of society to look a certain way.

"Men typically aren't trying to look super thin," Francis said. "They want to lose all the fat on their bodies and be pure muscle. Excessive exercise is the more common disorder with men, who put themselves on a very strict and unhealthy regime."

While being less common, eating disorders in men can also be less noticeable to their friends and family, because it seems normal in our culture for a man to go to the gym and work out a lot.

"Whether male or female, the person is tying their self-worth to their weight," said Francis. "They think if they are at an ideal weight, they

are better as a person, and will be worth more in other people's eyes."

The tough part is that in the short term, people with eating disorders can see rewards, by receiving praise for losing weight and gaining muscle.

Publicly addressing the issue takes away the taboo of talking about eating disorders.

— Shelly Francis

stress on the family, worrying about their loved one's health. It can also push friends away.

"A person can easily exhaust their friends with their fears, self-consciousness and constant need for reassurance about themselves," Francis said.

There is a support group for the Waterloo and Wellington regions for friends and family of those with an eating disorder that holds meetings on the second and fourth Thursday each month at the Trellis Building in Kitchener.

For those who suspect someone close to them has an eating disorder, Francis advises confronting them in

a gentle way that expresses your concern, yet doesn't come down on them. It is most important to address the problem and not ignore it.

If you think you might have an eating disorder and are looking for help, there are many self-help resources in the area, as well as the Conestoga College Counselling Services office near the atrium.

"Come talk about your concerns with us, or go to Health Services and talk to a doctor or nurse," Francis said. "The first thing you need is to have awareness that your relationship with food is unhealthy and talk about it."

Upcoming Career Events

Thursday, March 3 University Visit: Saginaw Valley State University

10 a.m. – 2 p.m.
Doon Campus: inside Door #3
No registration is required.

Thursday, March 3 Insurance Sector Job Fair

12 – 3 p.m.
Doon Campus: SLC Atrium, Upper Level
No registration is required.

Come prepared to network with insurance employers.

March 4, 7, and 8 Rapid Résumé Review Clinics

11 a.m. – 1 p.m.
Doon Campus: SLC Atrium, Lower Level
No registration is required.

Get prepared for the On-Campus Job Fair on March 9. Drop by one of Co-op and Career Services' Rapid Resume Review Clinics to polish your job search documents.

Wednesday, March 9 On-Campus Job Fair

10 a.m. – 1 p.m.
Doon Campus: Recreation Centre
Registration is not required.

Network with over 70 employers for Co-op, Graduate, Summer and on-campus Employment.

Login to *MyCareer* to register for resume workshops, events and more.

(From the Student Portal, click on the "Services" tab)

Happy 10th anniversary, CJIQ!



PHOTO SUBMITTED

Theresa Huegle, co-owner of Angie's Kitchen, sits with Jammin' Jeffrey and Casey Cane during their morning live-to-air broadcast.

By GERALD UPTON

Party time!

CJIQ, Conestoga's radio station, is celebrating its 10th anniversary.

"At a birthday you'd expect to get presents," said Mike Thurnell, program director of CJIQ. "We're actually doing the opposite. We're giving everyone presents. We're doing some great prize giveaways."

The grand prize is a new Wii system. You can go to any of their remote broadcast locations and fill out a ballot to qualify to win. They will also have events during regular broadcasts where you can call in to qualify for a weekly prize. Everyone who enters one of these contests automatically goes into the draw for the Wii.

This is just one of the ways that CJIQ is celebrating its anniversary. They are also doing remote live broadcasts.

"We're trying to get out into the community," said Thurnell, "which is something that CJIQ has never

really done. We've gone to Angie's Kitchen to do a morning show live. We're going to city hall. The day this comes out (in Spoke) we'll be broadcasting from door number three here at Conestoga."

They had already done the morning show at Angie's Kitchen, and they felt it went well.

"We had some people come out because they heard it on the radio," said Meagan Ecker, promotions co-ordinator for CJIQ. "This morning they had a fair number of people in there not too long after we started."

They will also have a live-to-air from Club Abstract in downtown Kitchener on Saturday, March 12. They will be on the air from 11 p.m. to 1 a.m.

"If you're coming down to the club, that's great," said Thurnell, "you'll get to see a lot of our personalities. You'll hear a lot of the music we play on CJIQ, but you can also listen at home."

"And we're just getting started," said Ecker.

Students' handiwork integral part of new cam-

Two reception desks will be crafted out of wood

By GERALD UPTON

Two talented Conestoga students will have a sample of their handiwork permanently on display in the college's new Cambridge campus.

Ben Wright, 32, and Jeff Freund, 44, are both senior students in the woodworking technology — architectural millwork program. They have been contracted to construct two reception desks for the Cambridge campus.

"It's a once-in-a-lifetime opportunity," said Freund, "especially when you're at school, to be able to apply the knowledge that you've learned to an actual project with this much stature and prominence."

It's a big project. The main reception desk will be some six metres long. The other project is a reception desk almost as big for the new Learning Resource Centre.

"The first thing that people will see when they come in that main door is a main desk that reception and security and so on are behind," said

Mike McClements, associate vice-president of the Schools of Engineering and Information Technology, and Trades and Apprentices.

Wright and Freund are not the only Conestoga students directly involved in doing

It's a great opportunity to be able to use the skills that we are learning right away.
— Ben Wright

work on the new campus.

"There's several of the different schools involved from the standpoint of co-op students involved in the building of the south campus," said Freund. "For example, there's an architectural technician. There's a student that's a liaison between the builder and the college."

Freund and Wright both feel lucky and proud to have

been chosen.

"I think Mike McClements knew the quality of the work that we did and are capable of and that's why we got chosen to do this," said Freund.

"They are good students and they were available," said McClements. "We're trying to feature student projects in the new campus, so that's an illustration of the main entry-way."

He later added, "These folks do really good work."

"It's exciting for sure," said Wright with a big smile. "It's a great opportunity to be able to use the skills that we are learning right away."

Freund, who had been doing house construction for 20 years before this, has a passion for wood.

"It has a natural esthetic that is quite beautiful," he said. "It has a tactile feel to it. It sort of keys in all of your senses. It has a nice smell, it has a nice look."

Wright agreed.

"I love working with wood. It's definitely my favourite. It's soulful."



PHOTO BY GERALD UPTON

Jeff Freund, left, and Ben Wright take a break on the cradle they have created. It will carry the two large reception desk woodwork projects they are working on for the new Cambridge campus.



And the winner is ...

By THOMAS PARENT

You don't need the golden touch if you want to be an idol, just a great voice. Seven finalists from Conestoga College went head-to-head on Feb. 8 for this year's CSI Idol crown. Contestants belted out their best tune in front of four judges who evaluated them on vocal ability, song choice, professionalism/style and stage presence/energy. Everyone gave it their best, but like any good competition, there can be only one winner.

Karissa Woroch, a second-year human services foundations student,

wooed the judges and audience alike with her rendition of Christina Aguilera and took the title. Her prize – a whopping \$200.

"I feel really good," said Woroch. "I practised every day. I think I'll go away on a trip, spend it with the girls," she said when asked what she'd do with her winnings.

Brad Bahab went home with the viewer's choice award and \$100 after crooning the crowd with a song by Usher.

"I don't know what to say, really," laughed Bahab. "Can I cry?"

Woroch will go on to compete against students from other colleges.



PHOTO BY THOMAS PARENT

Viewer's choice winner, Brad Bahab, woos the crowd with his pleasing rendition of Usher.



PHOTO BY THOMAS PARENT

Winner of CSI Idol, Karissa Woroch, stands on stage while performing one of Christina Aguilera's songs on Feb. 8.

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Conestoga misses out on second tournament win

By ASHLEY IDLE

The Conestoga College women's extramural hockey team hosted a tournament for six teams from across the province. They were beaten in their semifinal game against St. Lawrence 1-0 in a shootout.

The ladies had just come off a big tournament win in Sarnia two weeks previous, and had high hopes for this round of play.

After wins against St. Lawrence College (1-0) and Fanshawe (3-2 in a shootout), the team was feeling confident about their chances going into the semifinals.

"The girls have come together great in the little time they've had," said coach Brandon Coyle. "We just have to do the simple things right."

One of the team's goalies, Racheal Roefs, also had positive things to say about play so far. "We're meshing well. It's a great bunch of girls. We couldn't ask for a better team. Everyone's really talented."

Conestoga played hard in their semifinal against St. Lawrence College, keeping



the game scoreless through all three periods. The game was played well with both teams focusing on a passing strategy.

In the end, it came down to a shootout, where, on the last puck, St. Lawrence slipped one by Conestoga's goalie.

The final game featured Sir Sanford Fleming and St. Lawrence, with Sir Sanford winning 2-0.

A Condors player chases after the puck during a game against Fanshawe on Feb. 12. Conestoga won 3-2 in a shootout.

PHOTO BY ASHLEY IDLE

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